



Iris Alheidt-Pehrishch - Welcome to life

Beyond Coaching

Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrishch

In this edition of the Weekly Impulse, I would like to address two questions that hold special significance, especially during the Christmas season.

How do we create harmonious interactions?

Harmony arises when we create space for genuine connections. Instead of being driven by perfectionism, we can focus on the here and now rather than on our expectations.

This works best by shifting our perspective outward — through open communication. Talk about spending time together and ask about everyone's wishes and ideas. Only then can compromises be found that meet everyone's expectations.

How can we avoid being guided by expectations and patterns?

The greatest freedom lies in celebrating Christmas in a way that truly resonates with us — not how it "should" be.

1) Question your own values: What does Christmas mean to you? Time with family? Peace and quiet? Reflect on what truly matters to you and focus on that.

2) Let go of comparisons: The seemingly perfect Christmas from movies or social media is often an illusion. Allow yourself to define your own version of "perfect."

I hope this weekly impulse inspires you to embrace the holiday season more mindfully and freely. Take the time to discover what truly matters, and savor the moments that bring you joy.



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